

Beef & Noodles

Rating: ★★☆☆

Makes: 4 Servings

Ingredients

3/4 pound ground beef, 85% lean
1 1/2 cups water (can take up to 2 cups water)
2 cups egg noodles, uncooked (or any shaped pasta)
8 Servings [Eating Smart Seasoning Mix](#)
 salt (optional)

Directions

1. Brown 3/4 pound ground beef in a large skillet, drain the fat.
2. Add water, egg noodles or pasta, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 15-20 minutes or until noodles are tender.
4. Taste; then add a small amount of salt, if needed.
5. Refrigerate leftovers.

Colorado State University and University of California at Davis. Eat

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	261	
Total Fat	10 g	15%
Protein	21 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	4 g	20%
Sodium	95 mg	4%

MyPlate Food Groups

Grains	1/2 ounce
Protein Foods	2 ounces
Dairy	1/4 cup